Arigato!
Thank You Celebrity Cookbook

Where Freshness Meets Culture Since 1928

A Collection of Favorite Celebrity Recipes

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Welcome

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In 1928, our father and mother started their first Uwajimaya store in Tacoma, Washington. Our father made Japanese-style fish cakes and delivered them along with other Japanese food staples to many of the Japanese fishermen and loggers in the Pacific Northwest. Little did he realize these traditional foods were the beginning of the Uwajimaya pledge to offer fresh quality foods to everyone.

We want to thank all of our customers, employees, business partners and family members for making our continuing success possible. To commemorate our relationship with the Pacific Northwest community, we have created this special celebrity cookbook, *Arigato! Thank You*, with net proceeds being donated to the American Diabetes Association of Washington.

Thank you for making Uwajimaya an important part of your lives.

Domo Arigato,

Tomoko Moriguchi-Matsuno, CEO, on behalf of the Moriguchi Family

Seated, left to right: Kenzo (Gunner), Tomio, Akira (Mori), Toshi
Standing, left to right: Suwako, Hisako, Tomoko

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The Uwajimaya Story

In 1928, with a dream of bringing traditional Japanese food to fellow Asians in the community, Fujimatsu Moriguchi began making specialty Japanese fare and selling it out of the back of his truck to Japanese fishermen and loggers in Tacoma, Washington. Word spread as the popularity of his food grew and soon Fujimatsu needed more space. He and his wife, Sadako, decided to open a small market in Tacoma to serve the ever-growing Asian population. The Moriguchis named their store Uwajimaya—'Uwajima' being the name of the area in Japan that Fujimatsu had learned his trade, and 'ya' meaning store.

At the outbreak of World War II in 1942, during the darkest period of Uwajimaya's history, the store closed its doors as the Moriguchis along with their children were sent to a Japanese internment camp. Upon release in 1945, the Moriguchis returned to the Pacific Northwest to reopen Uwajimaya in the historic

Clockwise from top left: Fujimatsu Moriguchi in front of the Seattle Main Street store, 1962; storefront of Main Street store; Sadako Moriguchi (as many customers remember her) making sushi in the deli; storefront at the Seattle World's Fair, 1962.

© G. Page Tanagi

The Seattle store as it is today.

Asian neighborhood of Seattle known as the International District. The Moriguchis also made another important change to their store at this time: they expanded their offerings by importing food items and wares directly from Japan, and later, from other Asian countries.

Always looking for new ways to introduce his store to a wider audience, Fujimatsu opened a small market at the grounds of the 1962 World's Fair in Seattle. The results were astounding—a whole new segment of the population (both locals and tourists) discovered Uwajimaya. At a time when Americans were reaching out to explore new cultures and cuisine, Uwajimaya provided the traditional ingredients and foods, as well as the tools and serving pieces, needed to enjoy a genuine Japanese dining experience. Fujimatsu's hunch had paid off—his customer base diversified, business increased, and Uwajimaya's reputation as the go-to Asian grocery was set in motion.

Uwajimaya's growing success, however, was soon tempered by tragedy, when in 1965 beloved founder Fujimatsu Moriguchi passed away. As they had done before in times of adversity, the close-knit Moriguchi family pulled together to carry out the vision that Fujimatsu had so carefully articulated for Uwajimaya's future.

Highlights of the following decades included: adding a new Wholesale Division in 1965; relocating to a new store in 1970 and expanding in 1978; opening a new Uwajimaya store in Bellevue, Washington, in 1978; starting a Food Processing Division in 1983; adding a Wholesale Food Service Division in 1988; opening a new Uwajimaya store in Beaverton, Oregon, in 1998; and the relocation and grand reopening of the Seattle store in 2000, now called Uwajimaya Village, one block south of its former site. Uwajimaya also enjoys a unique place in food history as being the first grocery store in the Pacific Northwest to sell sushi.

Currently the largest family-owned and operated Asian grocery and gift market in the Pacific Northwest, Uwajimaya owes much of its success to the more than 5,000 employees that have passed through its doors over the past 80 years, including more than 400 people presently working with the company. Based in Seattle, Uwajimaya is owned and operated by the children and grandchildren of Fujimatsu and Sadako Moriguchi, with their youngest daughter, Tomoko Moriguchi-Matsuno, serving as Uwajimaya's new CEO.

From selling food out of a truck in Tacoma eight decades ago to the bustling retail empire it is today, Uwajimaya continues to grow as it attracts new devotees every day with its dedication to quality, authenticity, selection, customer service and community involvement.

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Elements

Asian Flavors

For all sauces, marinades, dressings and dips, simply mix ingredients together (unless otherwise noted).

Meat Sauces & Marinades

GINGER SOY MARINADE (FOR FLANK STEAK AND OTHER CUTS OF MEAT)

2 tablespoons fresh ginger root (minced)
1 tablespoon garlic (minced)
1 tablespoon red chili flakes
juice of 1 lime
1 tablespoon brown sugar
4 tablespoons soy sauce
1 tablespoon sesame seed oil

TERIYAKI SAUCE

¼ cup soy sauce
¼ cup mirin (sweet rice wine for cooking)
2 tablespoons sugar
1 teaspoon fresh ginger root (grated)
2 cloves garlic (minced)

SUKIYAKI SAUCE

½ cup soy sauce
6 tablespoons sugar
1 cup dashi (Japanese stock) or chicken broth
¼ cup mirin (sweet rice wine for cooking)

KOREAN BARBECUE MARINADE (FOR SHORT RIBS, SPARERIBS AND OTHER CUTS OF MEAT)

½ cup sugar
⅔ cup soy sauce
3 tablespoons sake (rice wine)
1 tablespoon fresh ginger root (grated)
1 clove garlic (grated)
½ teaspoon salt
2 tablespoons vegetable oil (or canola)
2 tablespoons sesame seeds
2 stalks green onions (chopped)

Dressings

SESAME SEED (FOR BOILED OR STEAMED VEGETABLES)

3 tablespoons sugar
3 tablespoons sesame seeds (toasted, black or ground white)
3 tablespoons soy sauce
3 tablespoons dashi (Japanese stock) or chicken broth

GINGER MISO (FOR SALADS AND VEGETABLES)

1 tablespoon fresh ginger root (grated)
6 tablespoons miso (white)
6 tablespoons rice vinegar
3 tablespoons sake (rice wine)
1 tablespoon sugar
1½ teaspoons soy sauce

MAYONNAISE AND MISO (FOR SALADS AND VEGETABLES)

½ cup mayonnaise
2 tablespoons miso (white)
2 tablespoons rice vinegar
2 tablespoons sugar
1 tablespoon sesame seeds (toasted)

Dipping Sauces

TEMPURA (FOR BATTER-FRIED SEAFOOD AND VEGETABLES)

2 cups dashi (Japanese stock) or chicken broth
1 tablespoon soy sauce
1 tablespoon mirin (sweet rice wine for cooking)

PONZU (FOR VEGETABLES, MEATS AND SEAFOOD; ALSO USED IN SALADS AND ASIAN SOUPS)

¼ cup yuzu juice (Japanese citrus) or lemon juice
¼ cup soy sauce
¼ cup dashi (Japanese stock) or chicken broth
1 tablespoon mirin (sweet rice wine for cooking)

GYOZA DIP

½ cup vinegar
3 tablespoons soy sauce
1 teaspoon sesame oil
a few drops of la yu (chili oil with chili pepper)

SWEET AND SOUR (FOR MEATS AND SEAFOOD)

⅔ cup sugar
2 tablespoons rice vinegar
3 tablespoons ketchup
¾ cup water
2 tablespoons cornstarch
Mix all ingredients in a saucepan. Stir over medium heat until sauce thickens.

TONKATSU (FOR FRIED PORK AND VEGETABLES)

¼ cup Worcestershire sauce
1 tablespoon soy sauce
1 tablespoon ketchup
1 tablespoon onion (grated)
½ teaspoon dry mustard

KOREAN KOCHUJANG (FOR FRIED MEAT, SEAFOOD AND POT STICKERS)

¼ cup kochujang (Korean hot sauce)
2 teaspoons vinegar
2 teaspoons soy sauce
½ teaspoon sugar
1 tablespoon sesame seeds (crushed)
1 tablespoon green onion (minced)

FISH SAUCE (FOR VIETNAMESE SPRING ROLLS; ALSO IN SALADS)

3 tablespoons sugar dissolved in 3 tablespoons warm water
3 tablespoons lemon juice (or rice vinegar)
6 tablespoons fish sauce
1 clove garlic (finely chopped)
2 teaspoons hot chili pepper

PEANUT SAUCE (FOR THAI SPRING ROLLS)

½ cup hoisin sauce (sweet and spicy Chinese condiment)
1½ teaspoons chunky peanut butter
1 tablespoon water
Heat all ingredients in saucepan and bring to a boil. Cool before using.

Noodle Essentials

Starch Noodles

SAIFUN (BEAN THREAD)
Chinese (cellophane) noodles are made from the starch of green mung beans; extremely thin, translucent when cooked. *Used in: stir-fry, soup, salad, other Asian dishes.*

DANGMYON
Korean noodles of sweet potato starch are a bit bigger than cellophane noodles and absorb flavors of other ingredients when cooked. *Used in: chap chae (Korean meat and vegetable dish).*

HARUSAME
Thin and translucent Japanese 'spring rain' noodles are made from the starch of potatoes, rice or mung beans. *Used in: sukiyaki, stir-fry, soup, salad.*

JJOL-MYUN
Korean rice-based noodles are similar in size to spaghetti, with a little more chew. *Used in: chilled, spicy Korean noodle dishes.*

MAIFUN
Also known as vermicelli, these Chinese rice noodles can be deep-fried to make crisp Asian-salad noodles. *Used in: stir-fry, soup, salad, other Asian dishes.*

RICE-FLOUR
Super thin Chinese noodles are long and translucent white with a rice-like texture. Also known as rice sticks or vermicelli. *Used in: pho, chow foon, pancit bihon, stir-fry, soup, salad.*

RICE PAPER
Vietnamese translucent rounds have a slight chewy texture and add subtle tang to whatever's wrapped inside. *Used in: Vietnamese and Thai spring rolls.*

Wheat Noodles

CHUKA SOBA (RAMEN)
Long, dried Japanese noodles cook quickly; some have buckwheat added. *Used in: yakisoba, stir-fry, soup, Asian main dishes.*

CHINESE EGG
Golden wheat/egg noodles come fresh or dried in assorted shapes. *Used in: chow mein, lo mein, soup.*

GOOK SOO (KUK SOO)
Thin, pale Korean noodles, sometimes called Asian angel hair, are available in a variety of shapes. *Used in: soup.*

HIYAMUGI
Thicker than somen, thinner than udon, these Japanese noodles are also known as a slim four-sided noodle. *Used in: cold Japanese mains and sides or with dipping sauce.*

KISHIMEN
Broad, flat Japanese noodles are similar to fettuccine noodles; slightly thicker and wider than udon noodles. *Used in: soup.*

MISWA
Long and slim with a delicate flavor, these Filipino wheat/egg noodles can be fried or boiled. *Used in: stir-fry, main dishes, noodle sides.*

PANCIT CANTON
Cooked with vegetables and meat for the popular Filipino dish of the same name. *Used in: stir-fry, assorted noodle dishes.*

SAIMIN
Hawaiian wheat/egg noodles are the key ingredient in the island favorite of the same name. *Used in: soup.*

SOBA
Chewy and hearty, Japanese soba is a medium-thin buckwheat noodle. *Used in: chilled or hot soup or with dipping sauce.*

SOMEN
Thin, delicate Japanese noodles sold dried and bundled with a band. *Used in: served chilled on their own with dipping sauce.*

UDON
Japanese noodles are thick and hearty, with a slightly chewy texture. Serve hot or cold. *Used in: fried vegetable dishes, soup or with dipping sauce.*

Yam Noodles

SHIRATAKI
Thin, gelatinous Japanese noodles readily absorb flavors of other ingredients when cooked. *Used in: sukiyaki, hot pot and similar dishes.*

TOFU SHIRATAKI
Yam-based Japanese noodles, with tofu added for softer texture, are full of healthy fiber. Varying thicknesses; requires refrigeration. *Used in: sukiyaki, stir-fry, soup, salad, pasta.*

Rice Basics

SHORT GRAIN
Plump, almost round grains become sticky when cooked, retaining firmness and flavor. The preferred rice of traditional Japanese cuisine (it's easier to handle with chopsticks), short-grain rice is perfect for sushi, Asian entrées and desserts like rice pudding.

MEDIUM GRAIN
Shorter and moister than long grain yet not as starchy as short, medium-grain rice has nice soft kernels that stick together and absorb flavors well. Holds up to soups and salads, plus a variety of sushi recipes. Popular in Asian dishes, it's also a favorite for risotto. (Each kernel's length is two to three times longer than its width.)

LONG GRAIN
Light and fluffy when cooked, kernels separate easily making long-grain rice an excellent choice for fried rice, puddings or as an accompaniment to lightly sauced Asian dishes. (Each kernel's length is four to five times longer than its width.)

JASMINE
Originally cultivated in Thailand, this long-grain aromatic rice is now a world-wide favorite. When cooked, kernels retain moisture and cling together, releasing a subtle nutty flavor and rich scent. Wonderful as a side dish, jasmine rice is also a delicious accompaniment to stir-fry and other Asian dishes.

BASMATI
Traditionally aged to decrease moisture content and intensify its prized roasted-nut flavor and aroma, basmati rice offers light and fluffy grains that separate easily. The 'queen of fragrance,' basmati rice swells lengthwise when cooked, producing long grains.

BROWN (GENMAI)
Available in short- or long-grain, brown rice kernels are in a near-natural state with only the inedible outer husk removed. High in fiber and nutrients, its bran coating gives brown rice a rich, nut-like flavor and slightly chewy texture. If preferred, brown rice can be used in place of white rice for most Asian dishes—even sushi.

SWEET (MOCHIGOME)
Short-grain sweet rice (often called glutinous rice) becomes deliciously moist and sticky when cooked. Considered a specialty rice, this fragrant white variety is sought after for use in a variety of savory Asian rice dishes as well as confections.

BLACK SWEET RICE
Naturally dark and full of fiber and antioxidants, black glutinous rice, also known as Indonesian black rice, is a favorite in Southeast Asia. Its nutty sweetness makes it ideal for breakfast, pudding, Asian fruit dishes and other desserts. Also adds complexity to vegetable recipes, or mix it with white rice to accompany meals.

HAIGA
Short-grain brown rice is milled multiple times to delicately remove the bran layer while leaving the nutritious rice germ in tact. Rich with fiber and vitamins, healthy haiga looks and tastes similar to white rice but has a slightly sweet, nutty flavor.

Sumeshi
(sushi rice)

For 20 pieces of inari zushi, cook 3 cups short-grain rice and make sushi vinegar sauce. For 10 maki sushi rolls, cook 6 cups short-grain rice and double the vinegar recipe.

SUSHI VINEGAR SAUCE

REGULAR

5 tablespoons rice vinegar
2 tablespoons sugar
2 teaspoons salt

SWEET

4 tablespoons rice vinegar
3 tablespoons sugar
2 teaspoons salt

Heat ingredients to dissolve sugar, then let cool. Place cooked rice into a large bowl and sprinkle with sushi vinegar sauce. Fan and gently fold the sauce into the rice until mixture is cool.

Inari Zushi
(deep-fried seasoned tofu pouches filled with sushi rice)

10 abura-age (fried tofu pouches) cut in half

SAUCE

1½ cups dashi (Japanese stock) or chicken broth
¼ cup sugar
¼ cup soy sauce

Open each abura-age half and break the network of tofu inside. Rinse in hot water and squeeze dry. Place abura-age and sauce in a pan and cook until most of the liquid has reduced. Let cool. Fill pouches with sushi rice to ¾ of an inch from the top. Fold sides over the pouch to enclose rice. *Makes 20 pouches.*

Maki Sushi
(rolled sushi)

10 sheets nori (dried seaweed)
bamboo sushi mat

Choose 3 to 5 ingredients for each roll:

CUCUMBER (JAPANESE OR ENGLISH)

Slice into ½-inch strips.

EGG STRIPS

Mix 2-3 eggs with 1 tablespoon sugar, ¼ teaspoon salt, ½ teaspoon mirin. Cook egg mixture on a flat pan over low heat. Let cool, slice into ½-inch strips.

KAMABOKO (STEAMED FISH CAKE)

Slice into ½-inch strips.

KAMPYO (DRIED GOURD STRIPS)

Rinse kampyo and soak it in warm water to reconstitute. Rub with salt to soften, then rinse again. Cook in sauce of 2 cups dashi (soup stock), 3 tablespoons soy sauce, 1 tablespoon mirin and 2 tablespoons sugar. Remove excess sauce.

OBORO DENBU (SHRIMP POWDER)

SHIITAKE MUSHROOMS

Soak in hot water, remove stems, slice into ½-inch strips; cook in the same sauce as kampyo.

SPINACH

Boil, drain, squeeze out water; cut to length of nori.

TAKUAN (YELLOW PICKLED RADISH)

Slice into ½-inch strips.

UNAGI (EEL)

Canned; slice into ½-strips (1 can makes 10 rolls).

Place the bamboo sushi mat on a hard work surface. Position it so you can roll it straight out from you (the mat will only bend one direction). Place nori smooth-side down on the mat, lining up the bottom of the nori sheet with the mat. Cover nori with a ½ inch of sushi rice, leaving a 1-inch gap of exposed nori along the edge that's farthest from you.

About 1 inch out from the edge closest to you, place your first row of filling horizontally across the rice. Then your next 2 to 3 fillings alongside, working away from you until you have about 1½ inches of filling on your roll. You will have 2 to 3 inches of bare rice. Slowly roll mat towards the farthest edge of exposed nori, forming a slender 'tube.' Turn roll so it sits on its seam. Cut into 8 equal pieces and serve with pickled red ginger. *Makes 10 rolls.*

Sides

Mom & Aunty Ann's Kauai-Style Portuguese Sweet Rolls

"This recipe has been with our 'ohana for decades. Whenever we have a family gathering, someone makes these sweet rolls. It's even better if you get one right out of the oven, then smother it with butter. Da buggah is soooo 'ONO!"

1 small russet potato
1⅓ cup water
¼ teaspoon sugar
1 envelope (¼ ounce) dry active yeast
¼ cup evaporated milk
1 teaspoon salt
⅓ cup butter
3 large eggs
⅔ cups granulated sugar
¼ teaspoon lemon extract
2-3 drops yellow food coloring
5-5½ cups all-purpose flour (divided)
extra softened butter for brushing on rolls after baked

STEPHEN GOMES
Founder and DJ, Hawaii Radio Connection

Stephen was born and raised in Omao, Kauai, Hawaii, and founded Hawaii Radio Connection in 1991. He's been shopping at Uwajimaya since 1990, where it was 'love at first bite!'

Peel potato and cut into cubes. Place in a small saucepan with 1⅓ cup water. Cover and cook until soft. Drain water and save (should equal ⅔ cup; if some has evaporated, add enough water to potato water to make ⅔ cup). Mash potato and measure out a ½ cup. Measure out ⅓ cup lukewarm potato water, mix in sugar and yeast, set aside. Combine remaining ⅓ cup potato water with evaporated milk, salt and butter in a saucepan and scald to melt butter. In the large bowl of an electric mixer, using the paddle attachment, beat eggs with sugar, lemon extract and food coloring, mixing well. Add 1½ cup flour and ½ cup mashed potatoes. Beat well. Add yeast mixture and continue beating. Add evaporated milk mixture and mix well (note: be sure to cool milk mixture to 120°F or lower before adding to yeast mixture). Change to a dough hook if desired. On low speed, add remaining flour, 1 cup at a time, until a soft dough forms. Increase speed to medium and knead dough until dough pulls away from sides of bowl and clings to dough hook (about 4 to 5 minutes).

Lightly oil hands to remove dough as it may be slightly sticky. Form into a ball. Place dough in a well-greased bowl, turn once to coat dough with oil. Cover with plastic wrap and allow to rise in a warm place until doubled. Punch down and allow to rise till doubled again. Turn dough out onto a lightly floured board. Divide dough into thirds. Form each third into 12 rolls (the size of large golf balls). Place 12 rolls in a greased 9-inch pan with rolls just barely touching. Cover lightly with a clean towel. Allow to rise until a slight indentation is left when gently poked with a finger. Bake in a preheated 350°F oven for about 18 to 20 minutes, or until golden brown. Brush tops with softened butter. Cool for about 5 minutes then turn out onto a rack to continue cooling. (Rolls may also be formed and baked as individual cocktail-size buns and served with sliced char siu Chinese barbecue pork.) *Makes 3 dozen.*

Grilled Rare Albacore with Ocean Salad & Wonton Crisps

1-1½ pounds loin of albacore tuna
2 tablespoons soy sauce
2 tablespoons Madeira (or sherry)
1 tablespoon olive oil (or canola)
1 teaspoon toasted sesame oil
1½ cups ocean salad (see below)
optional: 1 teaspoon toasted sesame seeds

CRISPS

canola oil for frying
24 wonton wrappers

Sashimi-grade albacore loins are flash frozen before they reach the market. These small loins, generally 16 to 18 inches long, are easy to handle on the grill. (When left very rare in the center, they slice beautifully into neat portions.) I like to serve the tuna on a mound of Ocean Salad. Made from several kinds of seaweed in a sesame dressing, Ocean Salad is sold in the seafood sections of Asian markets and some supermarkets. If Ocean Salad is unavailable, use shredded spinach tossed with a drizzle of sesame oil and a sprinkling of toasted sesame seeds. The Crisps are made from fried wonton wrappers, available in most large supermarkets.

If the tuna is frozen, thaw it overnight in the refrigerator or thaw it still sealed in its packaging in a sink full of cold water for about 3 hours. In a small bowl, combine soy sauce, Madeira, olive oil and sesame oil. Add the thawed albacore filet and roll the filet in the marinade to coat it evenly. Allow the fish to marinate for 30 minutes at room temperature or for several hours in the refrigerator. Preheat a gas or charcoal grill until the heat from the grill forces you to move your hand away when you hold it 5 inches above the grate (charcoal should be burned down to white-hot coals). Grill the marinated albacore on one side, without moving it, until the edges close to the grilling surface become opaque and dark brown marks are established underneath (about 3 minutes). Note: if you try to turn the fish too soon, it will stick to the grill and tear when you try to move it. Turn the albacore twice, grilling three sides of the loin and leaving the inside very rare (about 8 minutes in all). Take the loin off the heat and let it stand at room temperature while you make the crisps. (Or, if you prefer to grill the loin a day in advance, refrigerate until a half an hour before serving time.)

Line a baking sheet with a brown paper bag or with paper towels. Put enough oil in a small sauté pan to reach ½-inch up the sides of the pan. Warm the oil over medium-high heat until it is hot but not smoking, then fry the wonton wrappers one or two at a time in the hot oil, pressing them into the oil with a spatula or swishing the oil over the surface so that each one fries evenly. After the crisps are golden brown, drain them on the lined baking sheet. To assemble the appetizers, put a small mound (about a tablespoon) of Ocean Salad on top of each Crisp then top with a slice of the grilled albacore. *Makes 2 dozen appetizers to serve 12.*

GREG ATKINSON

Director of Culinary Consulting/Chef Instructor, Seattle Culinary Academy

Greg cooks, writes and speaks in venues ranging from professional kitchens to university lecture halls. His latest book, *West Coast Cooking*, explores the personalities and ingredients that have shaped influential West Coast cuisine. He is a contributing editor to *Food Arts* magazine and *The Seattle Times*, and in 2001 won the M.F.K. Fisher Distinguished Writing Award from the James Beard Foundation. Greg is also a frequent guest host on PBS/KCTS Chefs and can be heard regularly on Seattle's NPR affiliate KUOW, 94.9 FM.

Wasabi Shrimp with Chuka Dressing

6 pieces 16/20 extra large shrimp tails (peeled and deveined)
1 teaspoon wasabi oil
1 tablespoon Mishima wasabi furikake
(prepared seasoned radish mix)
3 6-inch bamboo skewers
1 4-pound smooth, clean river rock
(heated in oven at 550°F for 2 hours)

CHUKA (CHINESE-STYLE) DRESSING

2 tablespoons grapeseed oil
1 teaspoon sesame oil
1 tablespoon soy sauce
1 teaspoon sesame seeds

Ishiyaki is the process of cooking on a hot stone ('ishi' means stone, 'yaki' means grill). It's one of the purest and healthiest forms of cooking, searing the food's exterior while steaming its interior, all without adding any outside flavor.

Whisk Chuka Dressing ingredients together. Skewer the shrimp in twos. Toss together the wasabi oil and furikake, pour on shrimp, then place shrimp skewers on the hot rock. When you turn them over, add the Chuka Dressing. Total cooking time is about 5 minutes, according to doneness. *Makes 1 serving.*

TROY N. THOMPSON
Executive Chef, The Kress, Los Angeles

Known for his signature 'inspirational cuisine', Chef Thompson utilizes German, Japanese and American influences to create an atmosphere of excitement for his guests. Gourmet meals are displayed like showpieces at the table—sights, smells, tastes and textures combine for a one-of-a-kind experience. Troy currently heads up the culinary division of the newly renovated Kress restaurant, located in the historic Hollywood building of the same name.

Gobo Enterprises

Curry Chicken Skewers with Toasted Coconut

"This is a family favorite that everyone loves. Great as an appetizer or entrée, we like to make ours ahead of time and let them marinate in the fridge—they're perfect for parties."

½ cup soy sauce
½ cup coconut milk
2 tablespoons vegetable oil
2 tablespoons brown sugar
1 tablespoon curry powder
2 teaspoons garlic (finely chopped)
2 teaspoons ginger root (finely chopped)
½ teaspoon cumin
2½ pounds chicken breast
(thinly sliced; 1 inch wide x 4 inches long)
1 bunch mustard- or beet-greens
(washed with stems removed)
⅔ cup toasted coconut (grated or shredded)
40 wooden or bamboo skewers (soaked in water for 30 mins.)

Whisk together soy sauce, coconut milk, vegetable oil, brown sugar, curry powder, garlic, ginger and cumin. Pour mixture over chicken, turning pieces to coat evenly. Refrigerate 1 to 4 hours, turning two times while marinating. Remove chicken from marinade; discard marinade.

Thread each piece of chicken on a skewer. Place in a single layer on a foil-lined baking sheet. Bake at 400°F until chicken is golden and cooked through, about 10 minutes. (If preferred, you can grill over medium-hot heat for about 4 to 5 minutes on each side). Arrange on serving platter lined with greens. Sprinkle with toasted coconut and serve with peanut sauce or sweet chili sauce. *Makes about 40 skewers.*

TOASTED COCONUT

Place coconut on a cookie sheet and bake at 350°F until golden, about 10 minutes. (Stir and watch carefully the last few minutes as coconut burns easily.) Let cool to room temperature before using.

THE MARTINEZ FAMILY

Edgar Martinez is a former All-Star designated hitter who spent his entire career with the Seattle Mariners. His wife, Holli, is a recent graduate from University of Washington. Together they've started The Martinez Foundation which strives to strengthen our communities by providing under-served populations with educational opportunities.

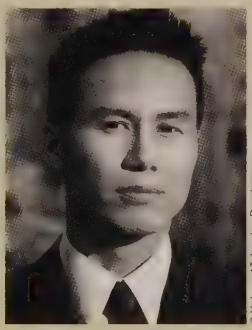
Naw Mai Fan (Chinese Sticky Rice)

"Naw mai fan is a signature dish my mom makes every Thanksgiving. When our extended family gets together in San Francisco, we all look forward to eating this more than the turkey or stuffing!"

12 Chinese dried mushrooms
2½ cups sweet rice
1 cup long-grain rice
2 tablespoons vegetable oil (or canola)
2 cloves garlic (minced)
1 teaspoon ginger root (grated)
6 lop cheong (Chinese pork sausages) diced
½ cup celery (diced)
½ cup water chestnuts (diced)
½ pound char siu (barbecue pork) diced
½ cup green onions (chopped)
3-4 tablespoons soy sauce
3-4 tablespoons oyster sauce
1 tablespoons sesame oil
½ cup fresh cilantro (coarsely chopped)
optional: 3-4 tablespoons ha mai (dried shrimp) soaked, drained, chopped

1 large egg, beaten and fried into a crêpe, thinly sliced for garnish

Soak and wash dried mushrooms. Combine and wash rice until water is clear. Place rice in a 4-quart pot or rice cooker and add enough water to cover approximately 1 inch above surface of rice. Cover and cook over medium-high heat until most of the water is absorbed. Keep covered and turn heat to low to continue cooking for 15 to 20 minutes. Drain mushrooms and squeeze out water. Cut off and discard stems. Slice thinly into ¼-inch strips. Heat a large frying pan or wok. Add oil, then garlic and ginger; add sausages and stir-fry for a minute. Add dried shrimp (optional). Add mushrooms, celery, water chestnuts and barbecued pork. Stir-fry until heated through. Add green onions and mix lightly. Set aside. Place cooked rice in a large pan or mixing bowl. Season with soy sauce, oyster sauce and sesame sauce. Gently fold stir-fried ingredients along with accumulated pan juices and cilantro into rice. Keep warm until ready to serve. Garnish with sliced egg strips. *Makes 12 cups.*



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B.D. WONG
Tony Award-Winning Actor

Born and raised in San Francisco, B.D. is probably best-known for his role as Song Liling in the Broadway production of *M. Butterfly* and for playing Dr. George Huang on NBC's *Law & Order: Special Victims Unit*.

Japanese Asparagus Salad with Yuzu Miso

½ pound miso (Japanese bean paste)
¼ pound sugar
¼ cup sake
¼ cup mirin (sweet rice wine for cooking)
⅛ cup yuzu juice (tart Japanese citrus fruit) or lime juice
1 teaspoon salt
2 bunches (about 2 pounds) asparagus
sesame seeds

In a medium saucepan, combine miso, sugar, sake and mirin. Stir constantly over medium heat until boiling. Cook 10 to 15 minutes over low heat with stirring. Remove pan from heat.

Once cool, add yuzu juice and mix well. Transfer to container and keep in refrigerator. In a large pot, add salt to boiling water. Blanch asparagus (boil for 2 minutes then put in ice water).

Once cool, remove asparagus and chop into 1-inch pieces, then mix with yuzu miso sauce. Serve in a bowl with sesame seeds sprinkled on top. *Serves 4.*

TATSU NISHINO
Owner and Executive Chef, Nishino, Seattle

Born in Kyoto, Japan, Tatsu attended Nihon Chorishi Gakko (The Japanese Culinary School) in Osaka. He later moved to Los Angeles where he was a chef at Nobu's original restaurant, Matsuhisa. With a desire to branch out on his own, Tatsu and wife Eri moved to Seattle in 1995 to open Nishino, where he's since gained renown for his innovative yet soulful approach to traditional Japanese cuisine.

Hijiki Barley Pilaf

Winning recipe submitted by Sonnet Bingham
Asian Flavors Contest, sponsored by the
American Diabetes Association

½ cup hijiki (dried seaweed)
4 tablespoons vegetable oil (or Enova)
1 cup pearl barley (uncooked)
2 cups konbu dashi (kelp broth)
1 teaspoon soy sauce
2 cups onion (finely chopped)
2 cups fresh maitake mushrooms (finely chopped)
1 cup renkon (lotus root) peeled and finely chopped; put in a light vinegar water to prevent browning
1½ cups celery (finely chopped)
¼ cup fresh thyme (leaves finely chopped)

Place dried hijiki in a bowl. Wash and soak in water for 10 to 15 minutes. Drain hijiki in a colander. Heat 2 tablespoons of oil in a saucepan over medium heat, just until hot. Add barley and cook for 5 minutes (or until brown), stirring constantly. Add konbu broth and soy sauce, bring to a boil. Cover and reduce heat and simmer 30 minutes (or until barley is tender and liquid is absorbed). Remove from heat. In a separate frying pan, add remaining oil, onions, maitake mushrooms, renkon, celery, hijiki and thyme. Sauté over medium heat until onions are soft and clear. Add cooked barley; stir until heated through. Serve warm—tastes great with fish. *Serves 4 to 6.*

KONBU DASHI

A broth infused with konbu (kelp), konbu dashi can be made from scratch and is available as a powder. Add water according to package instructions to make 2 cups. Note: be sure to get konbu dashi, not konbu katsuobushi dashi; the latter has bonito (fish) added and will alter the flavor of the pilaf.

Sawani Bowl (Veggie-Filled Soup)

Recipe by Seattle Mariners Ichiro's Wife, Yumiko Suzuki

SOUP BASE

500 ml (16.9 ounces) water
15 g (.53 ounces) konbu (dried sea kelp) for dashi (broth)
2-3 teaspoons soy sauce
2-3 teaspoons mirin (sweet rice wine for cooking)
sprinkle of salt and pepper

OTHER INGREDIENTS

120 g (4.2 ounces) daikon radish
100 g (3.5 ounces) carrot
2-3 shiitake mushrooms
some mitsuba stems (may substitute daikon sprouts)

GARNISH

mitsuba leaves
pepper

Prepare the soup base by heating the konbu and water slowly in a pot over medium heat to bring out its full flavor. Just before the water boils, take out the konbu. Add the soy sauce, mirin, salt and pepper for seasoning. Seasoning is only minimally necessary as the vegetables provide most of the flavoring. Cut both the daikon and carrot (each approximately 20 cm/7.9 inches in length) into fine shreds (sengiri). (It is important to use a device that will cut the shreds evenly. This affects the taste in the bowl by making consistency more slippery when eating, as well as aesthetically pleasing.) Cut the shiitake into shreds as well and add to the soup early on to increase the depth of the flavor. Separate the mitsuba leaves from the stems and cut into 5 cm/2-inch lengths. When the soup has come to a boil, add the shreds of daikon, carrot and mitsuba stems. Stir and turn off the stove before it returns to a boiling point. It is important to not over boil at this stage. It is essential that the vegetables remain somewhat crisp.

FINISHING TOUCHES

Place the vegetables in the bowl first much like a hill in the middle of the bowl. Then proceed to pour the soup around the hill of vegetables. Place the mitsuba leaves in the middle to give more of a green look and dash on some pepper (according to preference). *Serves 2.*

Fresh Spring Rolls with Pork & Shrimp

"I love making this dish for friends and family—not only is it easy to prepare, it's fresh and healthy. Plus you can use different ingredients to suit individual tastes. Make this recipe right at the table for a fun and memorable dining experience."

pinch of salt
½ pound pork (ham cut)
15 medium-size shrimp (peeled and deveined)
3 cups vermicelli rice noodles
1 package large Vietnamese rice papers
3 cups fresh greens
medium-size kitchen towel (clean)

Fill a medium-size pot half way with water and bring to a boil on high heat. Add a pinch of salt. Place pork in water and let simmer for about 10 minutes or until cooked (depending on size of pork, it may take longer). Check for doneness with an instant-read thermometer (165°F for pork) or by poking pork with a toothpick. If meat still looks red, cook for another 5 minutes. About 5 minutes before pork is finished, add shrimp to the pot and finish pork and shrimp at the same time. Remove pork and shrimp and let cool. Slice pork into thin pieces and cut shrimp lengthwise. Presoak vermicelli in warm tap water for 10 to 15 minutes then add to boiling water and cook for another 2 minutes. Rinse in cold water until cooled; drain well.

Fill a large bowl with hot water (the hotter the water, the better the rice paper will be, but don't burn yourself). Hold two pieces of rice paper, overlapping, and place in the hot water. Make sure the papers are completely soaked then remove quickly. Shake off excess water and place on clean towel for rolling. Place a piece of sliced pork and three pieces of shrimp on the rice papers. Add some noodles and fresh greens. Make sure you spread out the noodles and greens so that the length of the finished roll is at least 4 inches long. Fold the two sides of the rice paper up to the edge of the noodles and greens. At the other end of the rice paper, start rolling to the the other end. Make sure to keep your fingers tight on the rice paper to insure a firm roll. Serve spring rolls with peanut sauce. *Makes 8 rolls to serve 4.*

TUONG (VIETNAMESE PEANUT SAUCE)

2 cups water
1 cup hoisin sauce (sweet and spicy Chinese condiment)
½ cup smooth peanut butter
1 tablespoon cornstarch mixed with 1 tablespoon water
chopped peanuts (for garnish)

In a small pot, bring 2 cups water to a boil. Add hoisin and peanut butter to water and reduce heat to medium. Let sauce come slowly to a boil on medium heat. Make sure to stir constantly or sauce will burn. Once sauce has reached boiling, add cornstarch mixture and stir swiftly for two minutes. Remove from heat and let sauce cool to room temperature before serving. Sauce can be kept in the refrigerator for up to 1 week. Serve with chopped peanuts.

TAYLOR HOANG
Restaurateur,
Pho Cyclo Café, Seattle

Winner of *The Seattle Times NWsource* Best Vietnamese Award in 2006 and 2007, Pho Cyclo Café brings the very best of authentic Vietnamese food and ambience to its diners. With multiple locations in Seattle, including the Microsoft campus in Redmond.

Crab & Pork Shao Mai

"On weekends, I like to spend an hour or so, with my daughter Loretta in tow, wandering the aisles of Uwajimaya. To fortify ourselves for this sensory experience, we almost always begin with a meal at one of Seattle's dim sum restaurants. I created this recipe as a tribute to those flavorful feasts on steamed dumplings."

1 large egg white
1 tablespoon sake
2 teaspoons soy sauce
2 teaspoons sesame oil
2 tablespoons cornstarch (plus a little more for dusting the plate)
½ teaspoon sugar
1 teaspoon salt
¼ teaspoon freshly ground black pepper
1 tablespoon minced scallions (white and green parts)
2 teaspoons fresh ginger (peeled and grated)
2 teaspoons fresh cilantro (finely chopped)
¼ cup canned water chestnuts (drained, coarsely chopped)
¼ cup carrot (peeled and grated)
½ pound ground pork
½ pound crabmeat (drained, picked clean of shell and lightly squeezed of excess moisture if wet)
about 24 raw green peas (fresh or frozen)
1 package shao mai or gyoza wrappers

Shao mai or gyoza wrappers are 3-inch-diameter rounds that are very thin. If you buy square wrappers, it's easy to stack them in groups of 10 or so and shave the corners with a pair of kitchen shears to make rounds. For steaming the shao mai, a multi-tiered Chinese bamboo steamer with two steaming baskets works best. Set your bamboo steamer over a wok or a large saucepan partially filled with boiling water. If you don't have a multi-tiered bamboo steamer, divide the dumplings between two pots with steamer baskets. (If you use metal steamer baskets instead of bamboo, lightly oil them first so the shao mai won't stick.) If you like, you can make these ahead, chill, and reheat in the steamer baskets for about 5 minutes.

TOM DOUGLAS

Celebrity Chef, Restaurateur and Author, Seattle

The recipient of multiple James Beard Awards, Tom has been pivotal in defining Northwest cuisine. Starting with the Dahlia Lounge in 1989, Tom's restaurant lineup has grown to include Palace Kitchen, Etta's Seafood, Lola and Serious Pie. He is also the author of three cookbooks, the host of a radio talk show on 710 KIRO and a winner on *Iron Chef America*.

In a bowl, lightly whisk together egg white, sake, soy sauce, sesame oil, cornstarch, sugar, salt and pepper. Add scallion, ginger, cilantro, water chestnuts and carrot, and stir. Add pork and crabmeat and mix with a rubber spatula until well combined. Set a shao mai wrapper on your work surface and place a heaping tablespoon of filling in the center. Then gather up the edges of the wrapper, pleating it around the filling. Hold the dumpling between your thumb and index finger, squeezing it to form a 'waist,' while flattening the bottom of the dumpling with your other hand. The dumpling will be open on top, leaving the filling exposed. Press one pea into the center of the exposed filling. Set the dumpling on a large plate lightly dusted with cornstarch. Repeat until all the crab-pork mixture is used.

Fill a large saucepan or wok about halfway with water and bring to a boil over high heat. Divide the shao mai between two bamboo steamer baskets. Stack the baskets, cover with the lid, and place over the saucepan. Steam until the shao mai are cooked through (about 15 minutes), reversing the baskets about halfway through the steaming time. Remove the shao mai from the baskets and transfer to plates. Serve with ramekins of chili oil or chili paste. *Makes 24 dumplings to serve 6.*

Excerpted from the Tom Douglas cookbook, *I Love Crab Cakes!* (Morrow, 2006)

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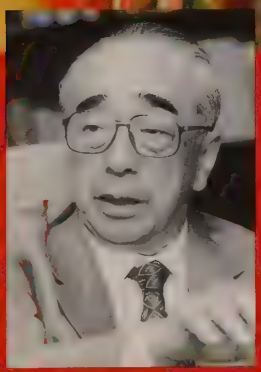

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Chairman & CEO

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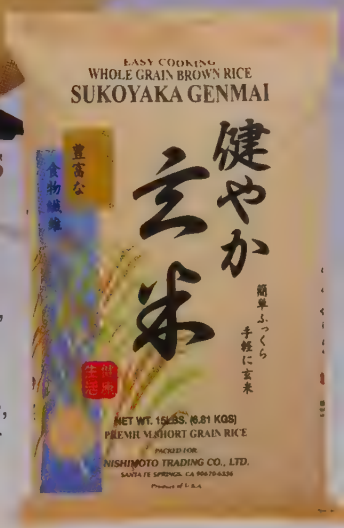

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Lightly Seasoned Fried Rice with Ume and Shiso Flavor

(Pickled Plum) (Beefsteak Plant)

Ingredients

- Steamed white rice ..... 200 g
- Mishima fried rice seasoning mix – Yukari ..... 113 g (1 pkg)
- Egg 1
- Vegetable oil ..... 1 tbsp
- Hot water ..... 1 tbsp
- Char siu ..... 25 g (Chinese-style barbecued pork)
- Green onion ..... 10 g
- Katsuobushi (dried bonito flakes) ..... 1 g
- Aojiso (green beefsteak plant leaves) ..... 1 g

Preparation

1. Grease a preheated skillet with vegetable oil. Pour in the beaten egg all at once and scramble.
2. Add cold steamed rice, lightly press down the rice and mix until the ingredients are separated.
3. Add hot water, shake down the skillet, and turn off the heat.
4. Add the fried rice seasoning mix Yukari flavor, and serve on a plate.
5. Garnish with sliced char siu, chopped green onion, katsuobushi and julienne aojiso.

Enjoy zesty flavor of the fried rice with refreshingly delicate texture.
Pickled plum extract lends a subtle tartness and refreshing flavor.

Ingredients (4 Servings)

- Sliced Potato ..... 5 oz (1/2 pc)
- Butter ..... 1 tbs
- Bay Leaf ..... 1 leaf
- Diced Onion ..... 150 g (1/2 pc)
- Water ..... 2 cups(16 oz)
- Milk ..... 1 cup(8 oz)
- Dry vegetable broth ..... 1 tbs
- Seaweed Extract ..... 1 tbs
- Sour Cream ..... 1 tbs
- Mishima's Edamame & Potato soup ..... 2 pc

Preparation

1. Cook onions in butter. Add potatoes, water, dry vegetable broth and seaweed extract. Let boil for 20min till potatoes are very soft.
2. Strain, force the potatoes through the strainer as much as possible.
3. Put back on stove, add milk, bring up to boil.
4. In a bowl take Edamame & Potato soup and add sour cream and mix till smooth.
5. Add hot soup to powder little by little till smooth and loose then.
6. Add to pot of soup, mix well and reheat. Taste and serve.

Edamame & Potato Soup

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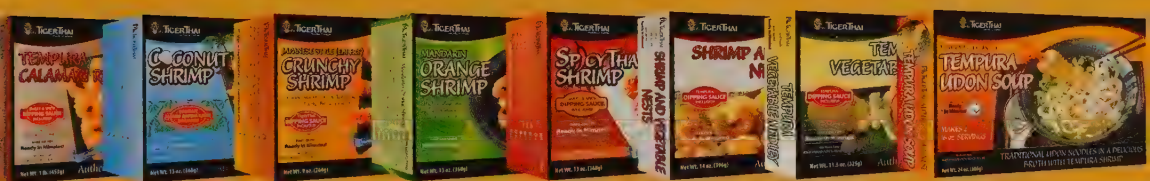

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3. How do you cook it?

Do not wash rice. Combine 1 cup rice and 1-1/2 cups water in medium sauce pan. Bring to a boil. Reduce heat to low. Cover and simmer 20 minutes, or until liquid is absorbed. Remove from heat; let stand covered 10 minutes before serving. *Makes 2-3/4 cups cooked rice or 4 (2/3 cup) servings.*

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Brown rice is milled to make white rice which is easy to digest. Nishiki white rice is a great tasting, premium rice perfect for Sushi.

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Mains

Salmon Scaloppine

"My tour manager is a great cook. He made this salmon recipe for me and I loved the way it came out. Being from Seattle, I'm wild about salmon."

KENNY G

Contemporary Jazz Musician

A graduate of Seattle's Franklin High School in 1974, Kenny went on to become the best-selling instrumentalist in music history. He has recorded more than 16 albums and has sold more than 70 million records worldwide.

8-ounce salmon filet (sliced into ¼-inch-thick pieces)
½ cup all-purpose flour
2 tablespoons grapeseed oil
1 medium shallot (minced)
¼ cup white wine (chardonnay works best)
1 small lemon (juice from half, no seeds)
¼ cup shelled edamame (soybeans) parboiled
salt and pepper (to taste)
small bunch fresh parsley

Lightly dust salmon with flour, shaking off any excess. Sauté salmon on medium high heat in grapeseed oil until one side is lightly brown. Flip filet and add shallot. Let shallot cook until transparent then add white wine and lemon juice.

Reduce sauce by half and add edamame. Serve topped with chopped parsley. Tastes great paired with sweet steamed rice and steamed asparagus or baby bok choy. *Serves 2.*

Twaejigogi Kimch'ibokkum (Stir-Fry Pork with Kimch'i)

"I'm obsessed with any kind of food that contains kimch'i. When I was growing up, I would always ask for food with kimch'i on my birthday. My mom didn't think my American friends would eat it, so she'd make American food for my birthday parties and Korean food for an another night. That way, I got two birthday dinners every year!"

⅔ pound pork (with fat and skin remaining)
⅔ pound kimch'i
2 medium Korean green peppers
(seeded, cut into ½-inch strips)
1 medium red bell pepper (seeded, cut into ½-inch strips)
½ medium onion (cut into thin strips)

SEASONED RED PEPPER PASTE

3 tablespoons kochujang (red pepper paste)
1 tablespoon green onion (chopped)
1 teaspoon sugar
gomashio (sesame salt) to taste
black pepper (to taste)
1 teaspoon-1 tablespoon sesame oil (to taste)
½ teaspoon garlic (chopped)

Slice pork into thin pieces. Combine all ingredients for the seasoned red pepper paste in a small bowl. Add paste to the pork and mix well; let marinate 20 to 30 minutes.

Squeeze liquid from the kimch'i. Cut into ½- to 1-inch strips. Stir-fry the pork lightly first and then add kimch'i, green peppers, red peppers and onion, then stir-fry again. Note: adjust amount of kimch'i and peppers according to how spicy you like your food. Serve over rice. Tastes delicious with hot bean curd (cut into small pieces) on the side. *Serves 4.*

PAMELA SITT

TV Editor, Real Networks

Pamela recently left her post at *The Seattle Times* where she was renowned for her weekly features column spotlighting the latest in pop culture and Seattle happenings. Pamela doesn't know how to cook, but her mom does.

Grilled Pork Tenderloin with Spring Pea Sauce

2 pork tenderloins (about 12 ounces each)
fennel pollen (or dried fennel seeds ground using a mortar and pestle or coffee grinder)

PORK MARINADE

1 bottle (25.5 ounces/750 ml) cream sherry
1 bottle (25.5 ounces/750 ml) soy sauce
1 medium ginger root (sliced)
1 medium onion (peeled and sliced)
1 bunch fresh basil (leaves torn)
1 head of garlic (cut on the equator)

Combine all ingredients in a flat-bottom, straight-sided dish.

MINT TEA

1 medium onion (peeled and sliced)
1 bunch fresh mint
4 cups water

Bring ingredients to a boil, simmer 3 to 5 minutes. Let cool. Strain mint and onion. Reserve liquid.

PEA SAUCE

2 cups fresh peas (blanched)
1 cup mint tea
⅓ cup crème fraîche

Combine peas and mint tea in blender. Purée and strain. Set aside crème fraîche.

Place pork in marinade for 4 hours. Remove and pat dry, then dust with fennel pollen. Grill 5 minutes per side or until done. Remove from heat and allow to rest for 5 minutes. To warm pea sauce, heat until it begins to bubble around the edges. Turn off the heat and add crème fraîche, stirring until incorporated. To serve, slice tenderloins and pour pea sauce around them. *Serves 4 to 6.*

VITALY PALEY

Chef and Co-owner, Paley's Place, Portland, Oregon

Vitaly and wife Kimberly moved to Portland and opened Paley's Place in 1995. Since then Vitaly has garnered national acclaim for his cooking—simple preparations of fresh organic ingredients supplied by local farmers and purveyors. A 2005 recipient of the James Beard Award for Best Northwest Chef, Vitaly is considered a leader in the movement to define regional Northwest cuisine.

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"A bit of saltiness from the olives and artichoke hearts plus the wonderful aroma created by the Pinot Grigio makes this dish very appetizing—and one of my favorites."

FUSAO KAJIMA

Bellevue Philharmonic Music Director

Maestro Kajima's honors and experience span the globe, having conducted extensively throughout Europe, Asia and the United States. A native of Japan, Fusao began studying piano at age four and conducting at fourteen. He is an alumnus of the New England Conservatory and the University of Michigan. Now at the Bellevue Philharmonic, Fusao has been winning critical acclaim for his artistic commitment and innovative program offerings.

2 tablespoons olive oil (divided)
4 boneless, skinless chicken thighs
(fat trimmed off; cut into 1-inch pieces)
2 medium onions (sliced into ¾-inch strips)
3 cloves garlic (minced)
6 slices Canadian bacon (sliced into strips; not too thin)
10-12 fresh mushrooms (sliced ¾-inch thick)
⅓-½ cup pitted green olives (sliced or whole)
4 marinated artichoke hearts (quartered)
salt and pepper (to taste)
3-6 cups Pinot Grigio (enough to cover ingredients in pan)
1 pound (12-16 ounces) linguine
1 small bunch Italian parsley (minced)

Heat a large stir-fry pan or skillet. Add 1 tablespoon olive oil. Over medium-high heat, brown chicken. Remove and set aside. In same pan or skillet, add remaining tablespoon of oil and sauté onion; add garlic and Canadian bacon. Add mushrooms and sauté for about 1 minute. Return browned chicken and accumulated juices along with olives and artichoke hearts. Season with salt and pepper. Add enough Pinot Grigio to just barely cover the ingredients in pan. Bring to a boil over high heat. Lower heat to medium and continue to simmer liquid. Stir mixture while cooking until liquid is reduced to a sauce. Season with more salt and pepper if desired.

Meanwhile, boil 4 to 6 quarts of water; add salt if desired. Add linguine and cook until al dente (about 9 minutes). Drain water and place pasta on a plate. Pour chicken sauce on top and garnish with Italian parsley. This sauce also works well with plain white rice if you prefer. *Serves 4.*

Rolled Cabbage

"Dad used to cook American Depression-era dishes such as beef stew, chili and chicken-n-dumplings. One of his favorites was always rolled cabbage. Here's my version of Dad's original recipe—enjoy!"

—Mayumi Tsutakawa

2 pounds Kobe beef (ground)
1 medium onion (chopped fine)
1 large egg
½ cup panko (Japanese bread crumbs)
1-2 teaspoons salt
1 teaspoon freshly ground pepper
3½-4 tablespoons tonkatsu sauce (Japanese condiment) to taste
1 head cabbage
1½-2 cups chicken stock
optional: 1 teaspoon cornstarch (or potato starch) mixed with 2 tablespoons water

Mix beef, onion, egg, panko, salt, pepper and tonkatsu sauce lightly by hand. Core the head of cabbage and steam until just tender. After cabbage cools, pull apart by whole leaves (you may need to trim away thicker core pieces).

Make balls of the meat mixture, each about the size of a large egg. Fold and roll each meat ball into a single cabbage leaf and secure with a toothpick. Arrange rolls in a large pot. Add enough chicken stock to just barely cover cabbage rolls.

Cook over medium-low heat for 15 to 20 minutes. For gravy, make a slurry of cornstarch (or potato starch) and water and stir into simmering broth once rolls have been removed. Serve rolls with rice and gravy. *Makes about 12 rolls.*

GEORGE TSUTAKAWA

Sculptor and Painter
(1910-1997)

George Tsutakawa, younger brother of Sadako Moriguchi, was a Kibei Nisei—born in Seattle then raised in Japan until the age of 16 when he returned to Seattle to study art at the University of Washington. He later served in the United States Army, teaching in the Military Intelligence School. Following that, George became a professor of art at the University of Washington and went on to create numerous fountain sculptures in the United States, Japan and Canada.

Mama Locke's Chicken

"One of my favorite foods from childhood is still my favorite food today. We call it Mama Locke's Chicken. It's fried and like nothing else I've tasted, because my mother, who's from Hong Kong, seasoned it her own special way."

Photo courtesy of Davis Wright Tremaine

GARY LOCKE
Former Governor of Washington State

The only Chinese-American governor in United States history to date, Gary was born in Seattle and graduated from Franklin High School. Married with three children, he currently works at the Seattle office of international law firm Davis Wright Tremaine LLP.

6 chicken breast halves (skinned and boned; about 2 pounds total)
¼ cup reduced-sodium soy sauce
1 tablespoon sugar
2 cloves garlic (pressed or minced)
½ teaspoon black pepper
3⅓ cups water
2 cups long-grain white rice
¼ cup water
6 green onions (ends trimmed)

Trim and discard fat from chicken. In a ziplock bag, combine chicken, soy sauce, sugar, garlic and pepper. Seal and let stand 10 to 15 minutes, turning bag occasionally.

In a 2- to 2½-quart pan, combine rice and 3⅓ cups water. Bring to a boil over high heat. Rinse rice until water is clear. Cook rice until most the water is absorbed (7 to 10 minutes). Cover and simmer over low heat, until rice is tender to bite (10 to 15 minutes longer).

Set an 11- to 12-inch nonstick frying pan over medium heat. When pan is hot, lift chicken from marinade and place in pan. Cook chicken, turning to brown both sides, until no longer pink in the thickest part (cut to test), 6 to 8 minutes total. (As an alternative to frying, you can bake chicken in the oven at 425°F for about 45 minutes.) Remove chicken and set on platter; keep warm.

Pour remaining marinade and ¼ cup water into pan. Stir over high heat until boiling. Pour into small bowl. Serve chicken with rice, garnished with green onions. Set out marinade to spoon over rice and chicken. *Serves 6.*

Stir-Fry Chicken

"For busy families, food preparation has to be quick. If I can't make it in 20 minutes, I don't eat it. This recipe's especially great because many of the ingredients are found in the pantry."

8 chicken thighs (skinned and cut into bite-size pieces)
½ teaspoon garlic powder (or more, to taste)
¼ cup cornstarch
¼ cup vegetable oil (or canola)
1 cup celery (cut on slant)
1 4-ounce can sliced water chestnuts (drained)
1 large ripe tomato (cut into bite-size pieces)
1 4-ounce can sliced mushrooms (drained)
1 cup green onion stalks (cut into 1-inch pieces)
¼ cup soy sauce
optional: ¼-½ teaspoon chili flakes or Japanese chili pepper

Sprinkle garlic powder on chicken then dredge in cornstarch. Pour oil into a pan and stir-fry chicken in 3 to 4 batches so it gets nice and crispy. Remove chicken and drain oil, leaving about 1 tablespoon in pan.

In the same pan, stir-fry celery and water chestnuts for 1 minute. Then add tomatoes, mushrooms, green onions and soy sauce (and chili flakes/pepper if you choose). Stir-fry for another minute or until tomatoes are just heated through.

Return chicken to pan and mix lightly. Serve immediately over white or brown rice, or iceberg lettuce. *Serves 4 to 5.*

© KING TV, Channel 5

LORI MATSUKAWA

News Anchor, KING TV, Seattle

Born in Hawaii, Lori went on to receive her bachelor's degree from Stanford University followed by a master's degree from the University of Washington. In the news business since 1978, Lori enjoys volunteering in her free time.

Salmon Kasuzuke

4 6-ounce slices of salmon filet
(black cod, snapper or Chilean sea bass also works)
salt

MARINADE

½ cup kasuzuke (a by-product of the sake-making process)
2 tablespoons sake (rice wine)
3 tablespoons mirin (sweet rice wine for cooking)
¼ cup water
3 tablespoons brown sugar
optional: 2 tablespoons miso (Japanese bean paste)

Salt fish, refrigerate overnight; wipe dry.

Prepare marinade, using water as needed to make a paste.

Coat fish with marinade, cover, and refrigerate for 3 days (or may be frozen at this point). When ready to cook, scrape off marinade and broil both sides until nicely browned (4 to 5 minutes each side). *Serves 4.*

© Dennis Wise/Studio 31 Inc

TOM SKERRITT

Emmy Award-Winning Actor, shown here with wife Julie Tokashiki

Tom has appeared in more than 40 films and 200 television episodes since 1962 when he began acting—*M*A*S*H, Alien, Top Gun, Cheers, Picket Fences* and *The Grid*, to name just a few. Born in Detroit, Michigan, Tom has lived in Washington state since 1988, splitting his time between Seattle and Lopez Island.

Teriyaki Beef with Sunomono Salad

"This wonderful combination has become a favorite of our family, and of course, for so many of our customers. We hope it will soon become one of your favorite dishes."

1 pound tender beef steak

MARINADE

¼ cup soy sauce
¼ cup mirin (sweet rice wine for cooking)
2 tablespoons sugar
1 teaspoon fresh ginger root (grated)
2 cloves garlic (minced)

Mix marinade ingredients together. Marinate steak for 2 hours, turning to soak both sides. Remove steaks from marinade and broil until done. Bring remaining marinade to a boil on the stove top to accompany with sliced steak. *Serves 4.*

SUNOMONO VINEGARED SALAD

2-3 Japanese cucumbers (or 1 English cucumber)
1 teaspoon salt
toasted sesame seeds
optional: finely shredded daikon and carrot (to taste)

DRESSING

¼ cup rice vinegar plus 2-3 tablespoons sugar
optional: grated ginger, a few drops of soy sauce,
1-2 teaspoons lemon or lime juice (to taste)

Slice cucumber very thin (peel first if desired). Sprinkle with salt and mix together. Let stand for 10 to 15 minutes. Squeeze out extra liquid, or rinse and drain well, if preferred. Combine dressing ingredients, mix with cucumber slices and refrigerate 1 hour before serving. Serve in a large bowl or small individual dishes. Garnish with toasted sesame seeds. May also add wakame (seaweed), crab, prawns or surimi (imitation crab). *Serves 4 to 6.*

THE MORIGUCHIS

Front row, left to right: Hisako, Fujimatsu, Sadako, Tomoko and Suwako. Back row: Kenzo, Tomio, Akira and Toshi. (1956)

"In 1945 when we returned from the internment camp, our father immediately went in search of a retail space for Uwajimaya Seattle. Economic times were difficult, but with much determination and hard work, we were able to build a successful business. There were nine of us to feed and house, and often more. Our parents were very generous to those who were without a home or job and hence many of them became part of the family. As times got better for all of us, we would celebrate with special meals, and this recipe was one of our all-time favorites."

—Tomoko Moriguchi-Matsuno
CEO, Uwajimaya Inc.

Beef Sukiyaki

"I love this authentic Japanese dish because of its high protein content and also because you can use as many vegetables as you like. Quality beef sukiyaki is my absolute favorite."

2 tablespoons olive oil
1 pound beef cut for sukiyaki (note: Apolo cooks using only certified organic ingredients)
1 bunch green onions (cut into 2-inch lengths)
2 tablespoons honey
4 ounces shirataki (thin translucent noodles)
1 cup bamboo shoots (sliced)
2 medium onions (sliced)
2 stalks celery (sliced)
2 leaves nappa cabbage (sliced)
1 cup shiitake mushrooms (soaked, rinsed, sliced)
1-2 ounces enoki mushrooms
1 medium container yaki dofu (cut into 1-inch pieces)

SAUCE

½ cup soy sauce
3-4 tablespoons honey
1 cup chicken stock (or beef)
¼ cup mirin (sweet rice wine for cooking)

Mix sauce ingredients together in bowl.

Arrange meat and other ingredients on a large platter. Heat a cast-iron skillet and add oil. Brown meat and green onions while adding honey.

Remove meat and green onions from skillet and set aside. Add all remaining ingredients, keeping each group separated.

Add sauce to skillet, cover and bring to a boil; cook for 2 minutes. Uncover and turn all ingredients while cooking for 2 more minutes. Return meat and green onions to the pan. *Serves 6 to 8.*

APOLO ANTON OHNO

Olympic Champion

Born in Seattle, Apolo started his short-track career in 1995 and in less than two years became the best short-track skater in the United States. Since then he's been a three-time World Cup overall champion, seven-time World Cup event champion, seven-time U.S. short-track overall champion, and five-time Olympic medalist (he's tied with Eric Heiden for most winter medals won by a U.S. male Olympian). In 2007 Apolo received another honor when he and partner Julianne Hough won *Dancing with the Stars.*

Sweet & Sour Chicken

"I love the different combination of spice and sauces that come together to create sweet and sour chicken. It's a flavor sensation!"

© Seattle Seahawks

DEON GRANT

Seattle Seahawks Safety, #24

Deon attended Josey High School in Augusta, Georgia, and later played college football at the University of Tennessee. During his junior year he left for the NFL and was drafted in 2000 by the Carolina Panthers. He played for the Jacksonville Jaguars from 2004-2006 and was picked up by the Seattle Seahawks in 2007.

4-6 ounces lean boneless chicken
(boneless pork or 12 prawns also works)
peanut oil for deep frying

BATTER

1 large egg
⅓ cup milk
½ cup all-purpose flour
½ teaspoon baking powder

SAUCE

⅔ cup sugar
2 tablespoons rice vinegar
3 tablespoons ketchup
¾ cup water
2 tablespoons cornstarch

Mix all sauce ingredients in a pan. Stir over medium heat until sauce thickens.

Dip meat in batter and deep-fry until done. Set aside. Dip in sauce or pour sauce over meat. Tasty twist: add pineapple, green peppers, tomatoes and/or toasted sesame seeds. *Serves 2.*

Peking Duck Confit

6 Moulard duck legs
½ gallon duck fat (any cooking oil will also work)
1 tablespoon star anise
1 teaspoon allspice
1 teaspoon cloves
1 tablespoon black peppercorns
1 head of garlic (split)
salt (to taste)
6 to 8 mini folded bao buns

Generously season the duck legs and place them in a pot with plenty of room. Add spices and garlic. Cover the legs in duck fat. Bake for 6 hours at 250°F with lid on the pot. Let duck cool then pick the meat, reserving the bones.

DUCK JUS

all bones from duck legs
2 large onions (sliced)
1 garlic clove (minced)
1 gallon chicken stock

Caramelize onions and reserve half. Add garlic to half of the onions and sweat (with lid on pot, cook slowly over low heat to soften garlic). Add bones and chicken stock and bring to a simmer. Reduce to at least one third of original volume. Strain jus to remove bones and mirepoix.

FRESH PICKLES

3 red radishes (quartered)
1 English cucumber (thinly sliced)
1 pint sugar
1 pint rice vinegar
1 pint water
1 tablespoon allspice
1 teaspoon chili flakes

Clean and quarter radishes. Bring remaining ingredients to a boil in a pot and pour half of the brine over the radishes. Let radishes cool and pickle for at least 6 hours in the refrigerator. Repeat with cucumber slices and remaining liquid.

Simmer duck meat with the duck jus until mixture is thick and viscous. Add reserved caramelized onions to the mixture and season to taste. Steam 6 to 8 mini folded bao buns until tender. Fill bao buns with duck confit and serve with fresh pickles. *Serves 6 to 8.*

JOHNNY ZHU

Chef de Cuisine, Veil, Seattle

A graduate of Reed College in Portland, Oregon, Johnny received a Le Cordon Bleu Culinary degree from the Western Culinary Institute, followed by an internship with Alain Ducasse. Since then, he's worked at Campagne in Seattle, Alinea in Chicago, and Spice Market and Jean Georges in New York City. Currently Johnny works at Veil restaurant where he's known for creating dynamic food with simplicity and elegance.

Kona Kitchen Mochiko Chicken

3 pounds chicken thighs (boneless, skinless)

MARINADE

7 tablespoons mochiko flour (sweet rice flour)
5 tablespoons cornstarch
6 tablespoons sugar
7 tablespoons soy sauce
4 teaspoons garlic (minced)
½ teaspoon salt
3 large eggs (beaten)
¼ cup green onions (chopped)
½ teaspoon ginger root (minced)
oil for deep frying

Trim fat from chicken and cut into into 3 x 1½-inch strips. Combine ingredients for marinade in a large bowl or ziplock bag. Add chicken strips and marinate in refrigerator overnight (or at least 4 to 5 hours). Take chicken out of refrigerator about 20 minutes before frying. Stir well and drain off excess marinade.

Deep-fry chicken in 2 or 3 batches in hot oil (375°F) until golden brown. Drain and serve. (Chicken can also be fried in a skillet with 1 to 2 inches of oil, until golden brown on both sides.) Enjoy Kona Kitchen Mochiko Chicken as part of a typical Hawaiian lunch with macaroni salad, rice or Hawaiian sweet roll. *Serves 4 to 6.*

YUJI OKUMOTO

Actor and Restaurateur, Kona Kitchen, Seattle

Born in Los Angeles, Yuji took up acting at Cal State Fullerton, and has since performed in dozens of theater productions, films and television shows. His feature film credits include *Karate Kid Part II, True Believer, Big Mamma's House 2* and *Only the Brave*, to name a few. Yuji, along with his wife, also owns and operates the popular Hawaiian restaurant Kona Kitchen in north Seattle.

Pork Inihao

ROBERT 'UNCLE BOB' SANTOS

Community Activist and Author

Born and raised in Seattle, Bob has been a visionary leader and community activist in Washington 'since logs were discovered.' Since the '70s, Bob has been pivotal in generating housing, health care and other social services for communities in need, as well as preserving Seattle's Chinatown/ International District. In 2002 he published *Hum Bows Not Hotdogs!*. Currently, it's rated number two at Santos family gatherings—the Sunday comics are still number one.

2 medium tomatoes (diced)
5 green onions (chopped into ¼-inch pieces)
3 tablespoons soy sauce
¼ cup mirin (sweet rice wine for cooking)
¼ cup chicken broth (or water)
2 tablespoons olive oil
2 cloves garlic (chopped)
1 pound pork butt or pork steak (cut into cubes)

Place tomatoes in medium-size bowl and add green onions; set aside. Combine soy sauce, mirin and chicken broth; set aside.

Heat pan to medium-high. Add olive oil and garlic and cook until garlic just begins to turn color. Add pork; stir-fry until browned. Pour broth mixture over meat, cover, and braise over low heat for 15 to 20 minutes, or until meat is tender. Uncover and increase heat to reduce sauce to a light gravy consistency.

Pour contents of pan into bowl of tomatoes and green onions. Mix and serve over steamed rice. *Serves 4.*

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- 4oz. ground Beef, Pork or Chicken
- 1 Onion
- 2 Eggplants
- 1 Tomato
- 2oz. Green Peas (frozen or fresh)
- 3 cups Water for 1/2 of large pack of curry OR 2 1/2 cups of Water for small pack of curry
- 2 Tbsp Vegetable Oil

Cooking Directions

1. Cook ground meat, chopped onion and eggplant with oil in a skillet.
2. Add water and bring to a boil. Cook until vegetables are tender.
3. Remove from heat and add sauce mix, stir until completely melted. Add chopped tomatoes and green peas, cook until ready.

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½ cup *plus* 2 Tbsp. of any of the Kikkoman Teriyaki Takumi Collection sauces

4 (4–6 oz. *each*) fish fillets, ½-inch thick

1. Pour ½ cup sauce over fish in shallow dish; turn fish over several times to coat well. Cover; refrigerate 20 minutes, turning fish once during marination.
2. Roll up each fillet; secure with wooden toothpick. Place in shallow baking dish, seam side down.
3. Bake in 350°F oven 20 minutes, or until fish flakes easily with fork; brush immediately with remaining 2 Tbsp. sauce.

KIKKOMAN

For more recipe ideas, please visit kikkomanusa.com

Congratulations on your 80th Anniversary Uwajimaya!

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Sweets

Almond Chiffon Cake

"Mom would make this special cake on holidays and for all five of her kids' birthdays. We continue to carry on the tradition in our own families as a tribute to our dear mom—the best cook in the world!"

—Daughters, Mimi Gan, KPIX 5-TV Eag Team and Wei-ling Louie, Cooking Instructor, Orange County, California

2 cups all-purpose flour (or 2¼ cups Softasilk® cake flour)
1½ cups sugar
1 tablespoon baking powder
1 teaspoon salt
½ cup vegetable oil (or canola)
7 large egg yolks
¾ cup water
2 teaspoons almond extract
7 large egg whites
½ teaspoon cream of tartar

Preheat oven to 325°F. Use a 10 x 4-inch tube pan (do not grease). Blend flour, sugar, baking powder and salt in a medium mixing bowl. Make a well and add in order: oil, egg yolks, water and almond extract. Beat until smooth. Set aside. Clean beaters to remove all traces of oil (oil prevents egg whites from being beaten to form stiff peaks). Place egg whites and cream of tartar in a large mixing bowl. Beat at high speed until very stiff peaks form (about 3 to 3½ minutes). Pour batter gradually over beaten whites, gently folding with a rubber spatula, just until blended. Pour into ungreased tube pan. Bake for 55 to 65 minutes, or until cake tester comes out clean. Invert cake pan on a bottle or funnel. Let hang until cooled. Remove cake from pan and frost with Almond Butter Frosting or serve unfrosted with strawberries and whipped cream. Note: cake is best prepared using a free-standing mixer. *Serves 16 slices.*

ALMOND BUTTER FROSTING

⅓ cup soft butter
3 cups sifted confectioners' sugar
3 tablespoons milk
1½ teaspoons almond extract
⅓ cup almond slices (toasted)

Beat butter and sugar together. Stir in milk and almond extract until smooth. Frost cake and garnish with almond slices.

GRACE GAN

Homemaker and Community Volunteer (1918 - 1994)

In 1958, Grace's Almond Chiffon Cake recipe won the Betty Crocker Baking Contest in her hometown of San Jose, California. She's shown here receiving her baking award, six months pregnant at the time with her son, Gary.

Sugar Cookies with Royal Icing

© NBC News

ANN CURRY

***Award-Winning Journalist and News Anchor,* Today *and* Dateline NBC**

Ann was born in Guam to a Japanese mother and a father of predominantly French and Scottish-Irish descent. Living many places during her childhood, the Curry family eventually settled in Ashland, Oregon, where Ann graduated from high school. She later received a B.A. in journalism from the University of Oregon. Known for her hard-hitting news reporting and tireless volunteer work, Ann currently lives in New York City with her husband and two children.

¾ cup softened butter (1½ sticks)
¾ cup sugar
1 large egg
1 teaspoon vanilla extract
1 tablespoon grated orange peel
2¼ cups all-purpose flour
¼ teaspoon salt

Cream together butter and sugar. Add egg, vanilla and orange peel. Beat together. Add flour and salt. Roll out to a ¼-inch thickness. Cut into shapes and place on an ungreased cooking sheet. Bake at 350°F for about 10 minutes. *Makes 2 dozen 2½-inch cookies.*

ROYAL ICING

3 large egg whites
1 pound confectioners' sugar (1 box)
food coloring

Mix together egg whites and confectioners' sugar. Use food coloring if desired. Put icing on cooled cookies. The icing will harden quickly, so if you want to add sprinkles or other decorations, do it immediately. (Cookies shown here without icing.)

Note: Eating raw or under-cooked eggs may pose a health risk, especially to the elderly, children under age four, pregnant women and other highly susceptible individuals with compromised immune systems. Egg-Free Icing Alternative: Mix 6 tablespoons of egg-white substitute with 3 to 4 cups confectioners' sugar. Add ½ teaspoon of vanilla or lemon extract. Add food coloring if desired (if using liquid food coloring, more sugar may be needed to get the right consistency).

Ann Curry's Sugar Cookies and
Lisa Nakamura's Tropical Mango
Pastry Cream (next page)

Tropical Mango Pastry Cream

"This easy-to-make pastry cream is great for filling tarts, pies and malasadas (for those of us of Hawaiian persuasion). Or simply top it with fruit for a quick treat."

© Human Nature Photography

LISA NAKAMURA

Executive Chef, The Woodmark, Kirkland, Washington

Raised in Hawaii, Lisa has since traveled the globe, working in some of the world's most illustrious kitchens, including French Laundry in Napa Valley. Now at The Woodmark Hotel, Yacht Club and Spa, Lisa uses her diverse culinary background to infuse her menu with vibrant, wine-focused food pairings.

1 cup whole milk
½ vanilla bean (seeds scraped out)
1 cup mango purée
½ cup sugar
6 large egg yolks
3 tablespoons all-purpose flour
4 ounces cream cheese (brick; non-whipped)

In a small saucepan, scald milk (bring to a boil) with the vanilla bean seeds and mango purée. (Milk may look curdled due to the mango's acid, but this is fine and the pastry cream will be smooth.) In a small bowl, whisk sugar into egg yolks. Note: It's very important to add the sugar to the yolks and not the yolks to the sugar. Once the sugar is incorporated, add flour. Slowly pour the hot milk mixture into a bowl, whisking constantly to make sure everything is mixed well. Return the mixture to the saucepan and cook over medium heat, whisking constantly. As you whisk, the mixture will go from foamy to creamy. When the foam is gone and the liquid is viscous, let the mixture boil once (it will go 'bloop'), then let boil for 30 seconds on medium. This will ensure that the flour is completely cooked. Once this happens, remove it from the heat and stir in cream cheese. (I find it easiest to use an immersion blender to get all the little cream cheese chunks to smooth out.) Remove the pastry cream from the pot and place in an ice bath (a small bowl placed in a larger bowl that's filled with ice and water). Keeps about 5 days. *Makes 3 cups (enough to fill the bottom of an 8-inch tart shell).*

MANGO PURÉE

Start with super ripe mangoes; peel them and remove pits then purée in a food processor. In Hawaii, when mango season hits, this is a great way to save the yummy fruit for later use, such as mango bread, ice cream, or hey, pastry cream.

Pista Sandesh

"Growing up with a Bengali father, I was always exposed to delicious milk sweets. My entire life, both my mother and father would make homemade paneer and transform it into countless recipes—from sweets like sandesh to savory curd balls for spaghetti (I grew up vegetarian). This recipe has always been one of my favorites."

2 cups whole milk
¼ teaspoon citric acid dissolved in ¼ cup water
½ cup castor sugar (or superfine)
12 tablespoons powdered pistachios (¾ cup dry roasted/unsalted/shelled nuts, ground in food processor)
12 whole pistachios (shelled)
cheesecloth

Bring milk to a boil in a 3-quart saucepan over medium heat. Remove from heat. Dissolve citric acid in water and gradually mix in milk till milk curdles; this results in paneer (fresh Indian cheese). Strain the paneer through a clean cheesecloth and let cool. Squeeze out excess water. Place paneer in a saucepan with sugar. Cook over medium heat, stirring constantly, until sugar melts and combines with paneer (about 4 to 5 minutes). Note: the paneer should not change color.

Transfer to a mixing bowl and, using an electric mixer, beat till soft and light. Beat in powdered pistachios. Place mixture onto a piece of parchment paper and roll into a 12-inch log. Cut evenly into 1-inch pieces. Roll each piece into a ball, top with a pistachio, and serve. *Makes 12.*

Note: citric acid can be found at most Indian markets, or substitute 4 tablespoons of fresh, strained lemon juice or white vinegar (no need to add water).

SANJAYA MALAKAR

Musician/Artist

Sanjaya gained fame when he become a top-ten finalist during the sixth season of *American Idol*. Born in Seattle to a Bengali father and Italian mother who both love to cook, Sanjaya and sister Shyamali (also an *American Idol* contestant) were raised with an appreciation for good, healthy food. Sanjaya continues to stay true to his vegetarian lifestyle as he pursues his music career and travels the world.

Poached Pears with Ginger & Walnut Yogurt Sauce

"During my time as a visiting professor at the Culinary Institute of America in New York, I created this dish for the daughter of the Institute's president. It remains a swiftly achieved, light and flavorful end to a good meal in our home."

© Patrick Taylor

GRAHAM KERR

Television Personality and Award-Winning Author

Best known for hosting the beloved television cooking program *The Galloping Gourmet* in the early '70s, Graham continues to be an influence in the food world today. He travels the globe as a culinary consultant, is the author of 38 books, and appears on numerous television programs. His focus is on helping people make healthy and creative lifestyle choices, believing that the only lasting changes are the ones that we enjoy. Graham's ongoing goal is 'to help convert habits that harm into resources that heal.'

8 canned pear halves (water packed; reserved juice)
2 tablespoons walnuts (chopped)
2 tablespoons crystallized ginger (chopped)
1 cup low-fat vanilla yogurt

Lay pear halves round side down in a heavy skillet. Pour a little of the can juices over the top. Bring to a boil, lower the heat, and boil the liquid until the syrup is thick and caramelized and the pear halves are golden.

Remove pears from the skillet and lay 2 halves on each plate. Toss nuts and ginger into the pan with the remaining juice and heat through. (To cut carbohydrates, reduce ginger to 1 tablespoon). Spoon a pool of yogurt around pears then pour the nut and ginger sauce over the top. *Serves 4.*

Per Serving: 139 calories, 3 g fat, 1 g saturated fat, 5% calories from saturated fat, 27 g carbohydrate, 3 g dietary fiber, 51 mg sodium. Low-Carb Per Serving: 130 calories, 3 g fat, 1 g saturated fat, 5% calories from saturated fat, 24 g carbohydrate, 3 g dietary fiber, 45 mg sodium. Exchanges: ½ fat, 1½ carbohydrate.

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to the Moriguchi family
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BEFORE.

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Congratulations to Uwajimaya for 80 years of promoting Asian cuisine and Asian culture.

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Marukan Vinegar

SINCE 1649

Marukan cultivates a slow and delicate process which includes fermentation, refining and aging. We use a special technique handed down over 360 years. The result is a quality "jun-mai" (pure rice) vinegar, brewed from only the finest short-grain rice grown in California.

Our Company's History

1649 - Company was first established in Japan
1885 - Trademark registered per law
1893 - Japan Head Office & Factory Established in Kobe City, Japan
1908 - Appointed Purveyers to the Imperial Household of Japan
1961 - Company's name changed to Marukan
1974 - Los Angeles Branch Established
1975 - Marukan Vinegar (USA) Inc. established
1988 - Brewary plant completed in Paramount
2004 - Marukan Vinegar (USA) Inc. celebrates 30th Anniversary!

Congratulations!
Happy 80th Anniversary!

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HAWAII	98-711 Kuahao Place, Pearl City, Hawaii	808-488-6645
KATAGIRI	224 East 59th Street, New York, NY	212-755-3566

Congratulations to Uwajimaya
on 80 years of
service and success.

Umeya Rice Cake Co.
Los Angeles, CA

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mizkan™

Bringing Flavor to Life ™

Mizkan is the most popular brand of rice vinegar in Japan, USA and The World. With over 200 years of history, Mizkan has grown with Sushi culture. Mizkan came to the United States with Uwajimaya 80 years ago. Since then, Uwajimaya and Mizkan, hand in hand, transplanted Japanese food culture here. Today, Mizkan Americas, Inc offers wide variery of Japanese condiments including sushi seasoning.

www.mizkan.com

How to make Sushi Rice

Ingredients (3 - 4 servings)

3 cups* Medium or short grain rice
*A rice measure cup comes with a rice cooker; 1cup is equal to 180mL
3oz (90mL) **Mitsukan**®Sushi Seasoning

Directions

1. Rinse rice with water about 5 times. Set a rice cooker with rice and water, reducing water by approximate 2oz(60ml).
2. Cook the rice. After cooked, leave it for 10–20 minutes.
3. Pour the rice on a big shallow bowl or pan, and pour **Mitsukan**®Sushi Seasoning over the rice. Mix well quickly while the rice is very hot.
4. Spread the rice over the bowl and allow it to sit for 10 minutes for cooling.
5. Ready to make sushi.

TIPS

Mitsukan® Sushi Seasoning is a liquid condiment, so it is easier to mix it with rice than powdered sushi seasoning!

Congratulations!! 80th Anniversary, Uwajimaya!!

Mizkan Americas, Inc. 1661 Feehanville Drive, Suite 300 , Mt. Prospect, IL 60056 / Phone 847-590-0059 / Fax 847-590-0405 / www.mizkan.com

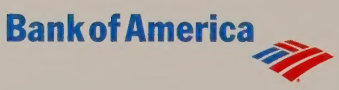
For more than 20 years the Moriguchi Family wanted to expand their flagship store to land they owned across the street. With the help of Lorig, a local development and management company, the Moriguchi's were able to reach their dream by allowing Lorig to add housing on top of the store. The housing addition helped absorb part of the high construction costs – the kind of creative solution Lorig has successfully forged with other very special clients like the Moriguchi Family. Uwajimaya Village continues to be a landmark destination both for shoppers and residents in Seattle. Lorig is proud to be a part of Uwajimaya's history. Happy 80th Anniversary!

LORIG

www.lorig.com

創業80周年おめでとうございます。

ARTHUR J. GALLAGHER
Risk Management Services, Inc.



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Cover Photo: Fujimatsu & Sadako Moriguchi founders of Uwajimaya

The American Diabetes Association (ADA) is a national nonprofit organization dedicated to improving the lives of all people affected by diabetes. Founded in 1940, it is the nation's leading non-profit health organization to provide diabetes research, information and advocacy.

To find out more about the American Diabetes Association, go to www.diabetes.org.

Net proceeds from the *Arigato! Thank You* cookbook will be donated by Uwajimaya to the ADA.

American Diabetes Association®

Cure • Care • Commitment®

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